

**A STUDY ON EFFICACY OF DIETARY MANAGEMENT  
OF NON-INSULIN DEPENDENT DIABETIC MELLITUS  
PATIENTS IN AN INDUSTRIAL SET UP  
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Cases of diabetic mellitus are frequently encountered in the industrial hospitals. A study on the efficacy of dietary management of newly diagnosed NON-INSULIN DEPENDENT DIABETIC MELLITUS PATIENTS was carried out in an industrial set-up. Among the 950 cases of diabetics registered in the diabetic clinic, 80 newly diagnosed obese and non-obese patients were studied over a period of one year. Based on the body weight, physical activity, patients were advised to take 1000-2000 K. calories. In these cases dietary history was taken and bio-chemical parameters such as G.T.T., blood glucose fasting and post-prandial, blood cholesterol were recorded initially and at the monthly intervals. Weights of the patients were initially recorded and followed up for a period of one year at monthly intervals. Repeated diet counselling was provided to these patients. One of the special features of the counselling was that the diabetic diet chart where combination, of diet could be used depending upon the individual interest to avoid monotony were given. Among cases with the dietary management 75% showed significant improvement in post prandial blood sugar levels and the rest resorted to usage of-.drugs for the control of diabetic. This study indicated that out of 20 obese patients 12 had considerable improvement with 8:10 weeks as judged by the lowering blood glucose levels. The same patients showed considerable weight reduction over a period of 36 to 4Q weeks when the diet regimen was followed along with performing short exercises. Among the 60 non-obese patients 50 showed improvement in blood glucose when compared to the initial levels within 6-8 weeks. Thus the present study clearly demonstrated that in the industrial set up where motivated captive cases of diabetic are to be treated with exclusive diet, considerable success in the control of newly diagnosed diabetes could be obtained without drugs.